

How do I talk to my child about moving to a new home?

Similarly to adults, moving to a new home means adjusting to a new space, neighborhood, and school for children. However, since they are still learning how to socialize and meet their own needs, this process can be slow and challenging. Parents should not delay in telling their children about the move as they need time to adjust to the idea of moving and will need additional time to process the change. Open lines of communication will go a long way in making children feel comfortable. Most children will feel some anger, sadness, or anxiety about the move. Parents are encouraged to be positive and optimistic about new experiences to aid in this process.

Parents should emphasize that the move is a family event and everyone will be a part of the packing and planning. If possible, parents should take their children to explore the new home, neighborhood, and school prior to the move. If this is not feasible, pictures of the new home and surrounding area may calm your child's fears. It's recommended that parents keep treasured belongings separate from the rest of the boxes to provide some security the first night in the new home. Unpacking your child's room first and re-establishing routines quickly are key in making this transition easier. Introducing yourself to families in the neighborhood will help in forming new friendships. With patience, time, and reassurance, children will adjust to the new space as after all, their home will always be where their family is.